


February Stress-Less Fitness

{restoration} Sunday	muscle Monday	{restoration} Tuesday	walk-with-me Wednesday	{restoration} Thursday	fit-quest Friday	{restoration} Saturday
	1 3 sets: 30-sec plank 20 squats 10 push ups 10 stationary lunges	2 Ideas for restoration: ○ Evening stroll ○ Relaxing stretches ○ Read a book ○ Snuggle ○ Take a bath ○ Get a massage	3 ___ minute leisure walk (or treadmill walking)*	4	5 20 min circuit*: 5 burpees 10 jump squats 10 step ups	6
7 Fitness is a progressive thing. Don't overcommit. Start with creating consistency, and then increase your effort.	8 Same as last week. 	9	10 Same as last week. 	11	12 Same as last week. 	13 What is active rest? Rest is not always being lazy. A hike, gardening, or anything that keeps you moving in a relaxed state is best.
14  Happy Love Day! Do something you enjoy today. Taking time to nurture yourself is important!	15 3 sets: 60-sec plank 30 squats 12 push ups 20 stationary lunges	16	17 ___ minute leisure walk (or treadmill walking)*	18  Regular walking is hugely beneficial to reducing stress. And when your body is less-stressed, everything works better, including fat loss.	19 20 min circuit*: 10 burpees 20 jump squats 20 step ups	20
21	22 Same as last week. 	23  On days that seem too busy to schedule in your muscle, walk, fit, or rest in – keep it simple: a little bit is better than none.	24 Same as last week. 	25	26 Same as last week. 	27  What is one thing you did this month that helped you reduce stress + get active?

*if weather does not permit walking outside, do 20 minutes deep breathing + stretching

**OR: 20 minutes high intensity cardio (ie: Sprints, fast running, stairs, cycling, etc.)